



S U S T A I N A B L E H I L L

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**WELLNESS RESORT**

# TONIGHT'S AGENDA

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Renewing our vows next to the Herbert River.

## OUR STORY

After suffering a painful loss, we were struggling to find our happy again. One day we realized we needed a significant change in our lives in order to get back to our true selves.

We are both yoga teachers, and dreamt of a waterfront property on which to run yoga retreats and raise our children. Nova Scotia gave us both the opportunity for a better quality of life and a place to pursue our dreams.

In May 2022 we sold our house of 10 years in Waterdown, ON. We opened ourselves to the universe to show us what was next! Our search landed us in Scotch Village, NS on a beautiful 11 acre property next to the Herbert River.

# OUR MISSION



Sample photos of what our yoga dome will look like.



Our mission is to create a wellness resort and campground where busy people can disconnect from day to day life and find their true selves. Using yoga, meditation and connection to nature, our guests will have the opportunity to slow down and tune in.

We will serve the community with workshops, special events, and collaborations with local businesses. Our resort will be a place for visitors from near and a far to discover the beauty in both Nova Scotia and themselves.

# OUR VISION

Our vision is to create a wellness resort and private campground.

Our guest accommodations will include camp sites, tiny homes and in the future, small cabins and a lodge. Our yoga dome will be a place to host yoga classes, meditations, events, workshops and more - available for both guests and the public to attend.

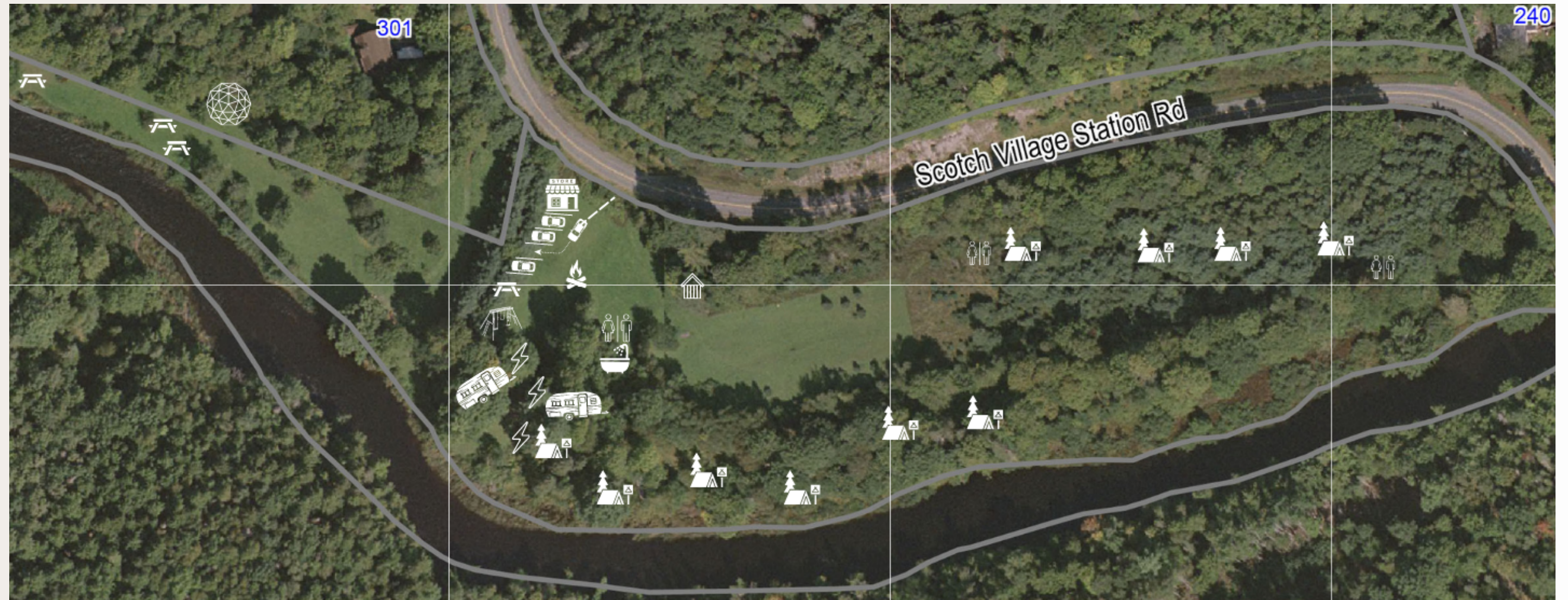
We plan to partner with local food and beverage suppliers to stock our "snack shack" and foster community with our playground and shared fire pit.

The property is a place that inspires peace and tranquility and we can't wait for our guests to experience this as well.



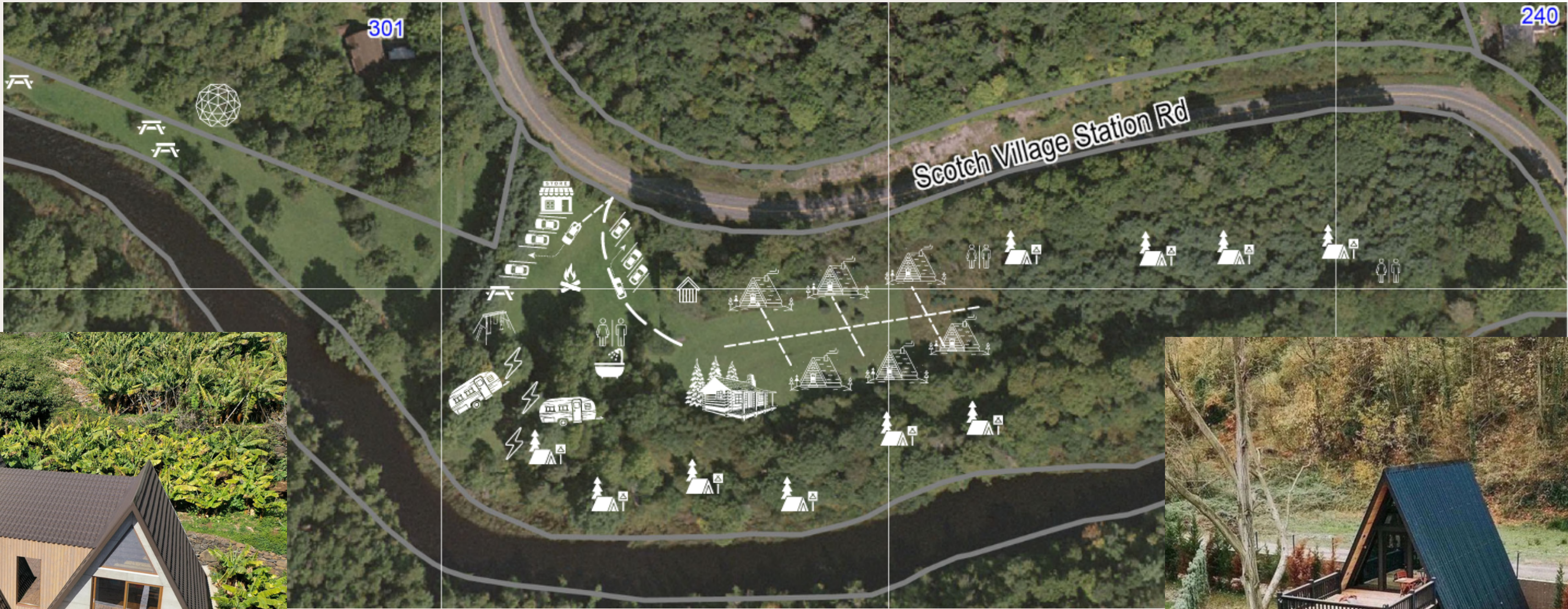
Tiny Home we visited in St. John, NB

# OUR VISION- PHASE ONE



Example site map for our first phase of opening.

# OUR VISION- PHASE TWO



Example site map and example lodge/cabins for our second phase of opening.



# OUR VALUES

We have defined these values so that we can continue to re-align ourselves with them throughout the growth and development of Sustainable Hill Wellness Resort.



## **Accessibility**

Our accommodations and guest facilities will be accessible for as many people as possible.

## **Curiosity**

We are committed to continual learning and growth. We will not be limited by a point of view or mindset.

## **Integrity**

We will be honest to ourselves and others. We will represent ourselves in a true and honest way.

## **Service**

We will treat others with positivity and support. We vow to go above and beyond for our guests' needs.

## **Community**

We will support and foster community amongst our guests and within West Hants!

## **Sustainability**

We will choose sustainable practices and materials that minimize our impact on the Earth.

# OUR IMPACT

## **Provide overnight accommodations in West Hants.**

To our knowledge there are limited options in District 2 of the West Hants Municipality for overnight guest accommodations in the way of short term vacation rentals.

## **Fill demand for camp sites in the area.**

Smiley's Campground is a 3 min drive from our property and is fully booked each season. There are limited river side camp sites for campers to enjoy.

## **Capture the Herbert River's beauty.**

There are few, if any, businesses along the Herbert River that truly showcase its beautiful, natural landscape.

## **Promote a healthy lifestyle**

Low intensity and highly accessible health and wellness programs to encourage a healthier way of living. This aligns with West Hants agenda of promoting a more active lifestyle.



## **Stimulate local businesses & drive local economy.**

"The Smiley's Provincial Park injects millions into the local economy with staff payroll, operational budget is spent locally, campers and users spending money in the area. Our family knew this first hand when we operated our business in Brooklyn. When Smiley's park opened on May long weekend , sales went up 20 to 30% or more."



## DO YOU HAVE ANY QUESTIONS?

**E-mail**

[hello@sustainablehill.ca](mailto:hello@sustainablehill.ca)

**Instagram**

[www.instagram.com/sustainablehillwellness/](http://www.instagram.com/sustainablehillwellness/)

**Facebook**

[www.facebook.com/sustainablehill/](http://www.facebook.com/sustainablehill/)

**Phone**

(289) 230-4567 or (289) 230-3456

**Address**

301 Scotch Village Station Rd,  
Scotch Village, NS, B0N 2A0